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Soup small 4.25 | large 5.25

CHILLED CURRIED ZUCCHINI SOUP WITH TOASTED ALMONDS BOWL OF CHILI topped with Mexican cheeses

Entree

CHEF SPECIAL

KOREAN BBQ CHICKEN | 12.50

Marinated Boneless Chicken Breast Served with Cold Sesame Noodles and Sesame Green Beans

DSC GRAIN BOWL THE POM POM BOWL | 10.25

Fresh Strawberries, Dried Blueberries, Pomegranate Seeds, Jicama, Goat Cheese, Quinoa, Baby Greens and Pomegranate Honey Dressing

Add Grilled/Blackened Chicken or Tofu for \$3.50; Shrimp \$5.50, Salmon for \$7.95 Tuna or Egg Salad \$3.50

CLIFFS DIET SPECIAL

BLACKENED, TERIYAKI OR HERB GRILLED CHICKEN | 9.95

Grilled boneless breast of chicken served with brown rice and Fresh steamed seasonal vegetables

SALMON | 14.50

Grilled Atlantic salmon served over brown rice + vegetables

Dessert

COOKIES | 1.75/pack of two

Chocolate Chip, Harvest Oats, Coconut Pecan, Lemon Cooler

BARs | 3.50

Brownies, Apple Caramel Bar, Lemon Bar, Pecan Bar, Coconut Nut Bar

THURSDAY JULY 12, 2018

Sandwiches

SKINNY SPECIAL | 7.95

Lean Turkey Breast, Alpine Lace Swiss cheese, Honey Mustard, Baby Arugula and Tomato on 12 Grain

KALE SALAD WRAP | 7.25

Fresh Chopped Kale, Tomato, Onions, Peppers, Black Olives, Shredded Carrots, David's Dijon Balsamic, Whole Wheat Wrap

THE ELM STREET | 7.95

Breast of Chicken Cutlet with Roasted Red peppers and Fresh Mozzarella on a Portuguese Roll with Balsamic Drizzle

THE PROSPECT CLUB | 7.95

Fresh Roasted Turkey, Fresh Mozzarella, Bacon, Lettuce, Tomato, Sundried Tomato, and Basil Mayo on French bread

HOT SANDWICH OF THE DAY

BUTTERMILK FRIED CHICKEN | 8.95

With Chipotle Mayo, Lettuce, Tomato on a Portuguese Roll

Salads

CITY KALE | 9.25

Marinated Kale with Fresh Broccoli, Seasoned Pecans, Grape Tomatoes, Cucumber, Fresh Peppers, Shredded Carrots, and Crumbled Goat Cheese, Served with Olive Oil and Red Wine Vinegar

BIG BANG BEETS | 9.25

Arugula, Roasted Beets, Apples, Pecans, & Feta Dressed With Honey Mustard Dressing

CREATE YOUR OWN SALAD BAR | 6.95/8.95

Add grilled/blackened chicken or tofu | 3.50;

Add shrimp | 5.50,

Add salmon | 7.95

Tuna or egg salad \$3.50

Drinks

rise | 4.99

nitro cold brew

can soda | 1.60

snapple | 1.60

water | 1.60

La Croix Seltzer | 1.60

Snacks

DSC potato

chips | 1.95

Soundview trail

mix | 2.95

chocolate + yogurt

pretzels | 2.50

fruit salad

sm. 3.5 lg. 6.75

chobani yogurt | 3.50

Side Salad

Cauliflower, Lentil &

Chick Pea Salad with

Feta Cheese and Red

Wine Vinaigrette

| 3.50